



IRVING RECREATION CENTER

SUMMER DAY CAMP 2016

Grades 5-7

Sports Mania

This week will be a very active week. We will be playing and learning about many different types of sports. The sports will range from Soccer to Wiffle Ball. Please remember to wear closed toes shoes and active clothes. We will also be doing a lot of crafts this week as well. So bring creative side to camp!

THIS WEEK'S HIGHLIGHTS

Monday

Today our day will consist of the history of sports, and talking about the different sports that our campers play. We will be going swimming this afternoon at Irvingdale Pool, please remember to bring your sunscreen, swimsuits, towels and flip flops! In the afternoon will be playing another form of soccer called crab soccer.

Tuesday

Today we will start our day with My Plate cooking activity. If your child has any food allergies, please let us know! We will continue our day with a rotation of tennis and yoga. Then finish off with quote paintings. So come prepared with a favorite quotes said by some of your favorite people!

Wednesday

In the morning are making medals for an activity that we will do later in the week. Afterwards we will be going swimming at woods pool so please remember to bring your sunscreen, swimsuits, towels, and flip flops! In the afternoon we will walk to the South Branch Library to get books, so please bring your library cards!

Thursday

Today we are taking the City bus to Tierra park and Star City Shores. We will be leaving the Center at 9:00 to catch the bus, so please be on time! The bus will pick us up at 9:25 a.m. We will head to Tierra park to play some more sports in a more open area and then have lunch there. After lunch we will be going to Star City Shores for another swimming day. Please remember to bring your sunscreen, swimsuits, towels, and flip flops. We will return back at the rec center at about 3:30 p.m.

Friday

Field Trip day! Please remember to wear your camp shirt today we will be going out to Ager Golf Course in the afternoon to play Foot golf. In the morning we will play Wiffle Ball and create mandalas. We will be leaving for our field trip in the afternoon at about 1:45 and returning around 4:00 p.m.

Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954 (Rec.Center)
402-405-6608 (K-2 phone)
402-405-6609 (3-4 phone)
402-405-6610 (5-7 phone)

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A focused program where youth grow

You can also view our weekly newsletter online at
<http://lincoln.ne.gov/city/parks/irving/daycamp.htm>